

Annual General Meeting

Silver Threads Service's Annual General Meeting will be held on Wednesday, June 19th starting at 4:30pm followed by the Guess Who's Coming to Dinner at 5:00pm. As a not-for-profit society, Silver Threads Service is guided by a volunteer board that establishes policy, and is responsible for the governance, strategic planning and financial health of the organization. At the AGM we will review 2018-19 and our results this past year and distribute our Annual Report. You can find out more about Silver Threads Service then enjoy a delicious meal followed by wonderful entertainment and meet the past and incoming Board of Directors.

During 2018-19 we thank the Board Members who served Silver Threads Service:

Andy Robinson
Kerri Gibson
Margaret Jacobson

Margo McIntosh
Marjorie Moulton
Norm Tatlow
Sara Roberts Pash

Shawn Rankin
Sonterra Ross
Vern Storey



Silver Threads Board Members at the 2017-18 Annual General Meeting.

From left to right: Vern Storey, Margaret Jacobson, Margo McIntosh, Marjorie Moulton, Sonterra Ross, Doug Crowder, Andy Robinson, Norm Tatlow, Sara Roberts Pash

Guess Who's Coming to Dinner

Wednesday, June 19th Annual General Meeting

Sponsored by: RBC

AGM Menu: Turkey a la King with Rice Pilaf, seasonal Vegetables.
Fruit Pie for dessert.

Entertainment: Jean Bedard

Wednesday, July 17th Barbeque

Menu: Pulled pork, BBQ chicken, baked beans, corn on the cob, coleslaw, focaccia bread.
Chocolate cake for dessert

Entertainment: Steve and Sherry

Cost \$15 (BBQ \$18) for members and \$18 (BBQ \$21) for non-members.

Call our Saanich Centre at 250-382-3151 to make your reservation.

Dinners are Wednesday from 5:00pm to 7:00 pm. Seating begins at 4:30pm

NOTE: Reservation cut-off is 11:00am on the Monday before the dinner

June 2019 Programs & Events

Complete information is available in our Program Guide and on our website

All prices include GST where applicable

Saanich Centre

Enjoying My Community

Enjoy this social group with weekly topics and speakers.

Date: Monday June 3rd **“Healthy Communication and Boundaries”**

Date: Monday June 10th **“What’s the Big News?”**

Date: Monday June 17th **“Community Resources for Seniors to Know About!”**

Date: Monday June 24th **“Change: What’s the Big Deal?”**

Time: 1:00pm to 2:00pm

Cost: No charge

Afternoon at the Movies

Enjoy movies on the big screen TV, and popcorn.

Date: Wednesday June 5th **“Rebel in the Rye”**

Wednesday June 19th **“Front Runner”**

Time: 1:30pm to 3:30pm

Cost: No charge

Where in the World Travel Series: Spain

Date: Wednesday June 26th

Join Sharon Bierd as she shares stories and images from her travels in Spain.

Time: 1:00pm to 2:00pm

Cost: No charge

Fortis BC Energy Conservation Information Table

Come to the FortisBC information table at the Saanich Centre to find out about energy saving tips, conservation ideas and ask us about our Energy Savings Kit program

Date: Monday, June 10th

Time: 10:00am to 1:00pm

Cribbage

Fun card game for 2 to 4 players.

Date: Thursdays

Time: 9:00am to 11:00am **Cost:** \$1.60 (member); \$4.75

Victoria Centre

Ping Pong for Parkinson’s

Ping Pong encourages neuroplasticity and is a great way for people with Parkinson’s to stay active. All abilities welcome.

Date: Mondays

Time: 2:15 to 3:30pm

Cost: \$1.60 members \$4.75 non-members

Mexican Train Dominoes

Mexican Train is a game played with dominoes. The object is for a player to play all the dominoes from their hand onto one or more chains or “trains”.

Date: Thursday

Time: 12:30pm to 3:00pm

Cost: \$1.60 members \$4.75 non-members

Chemainus Theatre Outing

Enjoy the musical “Mamma Mia” at the Chemainus Theatre and lunch in the Playbill Dining Room

Sunday July 28 9:15 am - 6:00 pm

Cost: Includes the show, lunch and transportation.
\$120 (members), \$150 (non-members) GST included



Reserve your seat: 250-382-3151

Blood Pressure Clinics

Saanich Centre Monday, June 10th
10:00am to 12:00pm

Victoria Centre Friday, June 14th
10:00am to 12:00pm

May Guess Who's Coming to Dinner and visit from Queen Victoria

We had a wonderful dinner at the Saanich Centre in celebration of Victoria Day and what would have been her 200th Birthday. A big thank you to our sponsor Nex Gen Hearing and their staff Erin, Tim and Jeff for all their help. Her Majesty Queen Victoria and her Lady in Waiting arrived to the party and greeted her Royal Subjects. She's looking good for 200!



May Highlights Pickleball Jamboree

The second annual Pickleball Jamboree was held in May and was attended by 16 enthusiastic players. The games were energetic and Janet P. was crowned (with a t-shirt) as the reigning champion!



Open House

On Saturday, May 18th the Saanich Centre hosted a morning Open House for new members and family members to stop by for coffee and cookies, tour the centre and see some of our activities in action. Thank you the Pickleball players, Victoria Computer Club, the Weavers and the Saanich Songmen for welcoming our guests. We had neighbours who had never been in the centre, folks who read about us in the Times Colonist and some who saw our signs outside.

Walking Group at the Saanich Centre

If you haven't tried our walking group at the Saanich Centre yet, this is the perfect time of year to come and join us. We start our walk at the Saanich Centre and go for an hour long walk; exploring various nearby walkways such as the Colquitz River Park and the Japanese gardens at Esquimalt Gorge Park.

Date: Every Wednesday all year round
Time: 10:00am to 11:00am



Cost: No charge
Watch for the Walking Group at the

Victoria Computer Club

Tip of the month:

Chromebooks

Chromebooks are inexpensive lightweight laptops that suit most seniors needs. If you mainly use email, web browsing, and digital photos, a chromebook is a quick booting, very low maintenance laptop. You can try one out at the Victoria Computer Club at Silver Threads Saanich Center, and get help and advice on whether it will suit your needs.

If you need more help, drop into the Computer Club on Tuesdays and Saturdays. Call for times and details.

We have lots of help to offer you at the Saanich Centre.

Check out the website at <https://victoriacomputerclub.org>.

Memory PLUS Challenge

Practice, Laughter, and Useful Strategies

Memory PLUS is a Silver Threads Service program for those 55+ who would like to increase their memory in an active and social group setting. The PLUS stands for Practice, Laughter, Useful Strategies.

6-week Summer Brain Camp offered in July and August at various locations in Greater Victoria.

Enjoy a word scramble for Father's Day

- | | |
|------------|--------------|
| 1. raehtf | 6. reptan |
| 2. shnigfi | 7. nigolv |
| 3. dacr | 8. reca |
| 4. peetrns | 9. cilapse |
| 5. ewenekd | 10. cenaigud |

Canada Day Closure (and cake!)

Our Centres will be closed for Canada Day on Monday, July 1st. We will reopen on Tuesday, June 2nd.

But join us at the centres on Friday, June 28th from 10:00am to 1:00pm for Birthday Cake!

Wear red and white!



The Saanich Centre will be closed Saturdays during the summer starting July 6th. We will resume Saturday programs again September 7th.

June Take Away Meals

The frozen take away meals are available at the Saanich Centre. The meals are \$6.50 and can be picked up during regular hours. During June we have:

- Baked Ham with Potato Gratin
- Meatloaf with Mash and Gravy
- Beef Lasagna with Garlic Bread
- Chicken Lasagna with Garlic Bread
- Butter Chicken on Rice
- Beef Stroganoff
- Pesto Chicken and Broccoli Casserole

1. Father 2. Fishing 3. Card 4. Present 5. Weekend 6. Parent 7. Loving 8. Care 9. Special 10. Guidance

Answers:

Silver Threads Service Staff

Tracy Ryan Executive Director
Anne Nelson Saanich Centre Director
Kelly Binette Victoria Centre Manager
Ro Fife Saanich Centre Assistant
Christine Hagen Victoria Centre Assistant
Amaiah Paradine Program Coordinator
Sandy Firth Bookkeeper
Donene Eve Food Services Coordinator
Susan Bauer Outreach Worker
Sophie Nielsen Outreach Worker
Amy Little Receptionist

Silver Threads Service Locations

Saanich Centre 286 Hampton Road Victoria, BC V8Z 1H1 Phone: 250 382-3151	Victoria Centre 2340 Richmond Road Victoria, BC V8R 4R9 Phone: 250 388-4268
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For general inquiries please email:

reception@silverthreads.ca

Our Mission

Silver Threads Service is a charitable, not-for-profit society that enhances social connections and well-being for seniors. We do this by providing programs and services that are accessible to all.

stay active • stay healthy • stay connected

